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Celebrity Buzz

Damon on whale band wagon

pg 26

It's ours!

BRUCE BENNETT/GETTY IMAGES

Sidney Crosby waves the Canadian flag following Team Canada's 3-2 overtime victory in the men's gold-medal hockey game against Team USA on Day 17 of the Vancouver 2010 Winter Olympics at Canada Hockey Place yesterday.

Golden Games

Brimming with pride as Olympic hosts, Canada exploded in a collective spasm of national joy yesterday as hockey hero Sidney Crosby dispatched the United States in a tightrope-tense hockey thriller that capped the Games with a record-setting 14th gold medal.

Downtown Vancouver exploded in a deafening din of car horns and cowbells in the seconds after Crosby put the puck through U.S. goaltender Ryan Miller's legs for a 3-2 overtime win, avenging the American domination of an Olympic podium Canada originally had designs on owning.

14
Team Canada's gold-medal win gave Canada a total of 14 gold medals — a new Olympic record.

Instead, the host country opted to rent the top floor: Yesterday's triumph set an Olympic record for most top-tier finishes in a Winter Games.

The partisan crowd — a roiling, flag-flapping ocean of Canadian colour, except for the odd island of Americana — shook Canada Hockey Place to its foundations when it was over, an uncharacteristic show of national pride rarely witnessed north of the 49th parallel.

"Before this, Canada only seemed patriotic when there was a beer commercial on TV," said Tony Sam, 41, who drove to Vancouver with friends from Chilliwack to watch the game.

"This is the most exciting thing that's happened in Canada, maybe ever."

THE CANADIAN PRESS

You come back now, eh?

WASN'T THAT A PARTY?

Following an unprecedented gold rush that inspired the collective swelling of our national pride, Canadians finally relaxed yesterday with a closing to the Olympics that reminded the world of our unique sense of humour.

There were marching Mounties in mini-skirts, table-top hockey players, the iconic Hockey Night in Canada theme, dancing canoes, red-clad lumberjacks and giant inflatable beavers.

Michael Bublé even rode atop a massive motorized Mountie's hat while performing The Maple Leaf Forever.

THE CANADIAN PRESS

MORE ON THE CLOSING CEREMONIES, PAGE 15

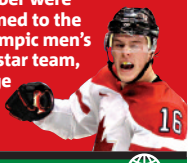
News on the Move

What's this barcode for?
Learn how to scan the barcode with the instructions at the top of pg 3

Vancouver Games

Metro brings you coverage of the final day of the 2010 Winter Olympics in Vancouver.

• Today — Canadian forward Jonathan Toews and defenceman Shea Weber were named to the Olympic men's all-star team, page 14



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*Total number of fans as of 1:30 PM yesterday. Numbers shown are based on specified criteria. Become a FAN at **facebook.com/vancouvermetro**

'This was the greatest game I've ever seen'

Thousands take to city streets after hockey victory

VANCOUVER 2010 **Games**

SEAN KOLENKO
for Metro Vancouver

With the exception of a breathless few minutes in the afternoon, Vancouver lay washed in a citywide tidal wave of patriotism yesterday after the men's victory in the gold-medal hockey game.

An estimated 150,000 took part in the street party.

"This was the greatest game I've ever seen," said Waterloo, Ont., resident Ryan Carmichael, who took in the game at Robson Square. "It's Canadian history."

From immovable crowds of Canadian faithful to high-fiving on-duty police officers along Robson Street and an impromptu game of street hockey in Yaletown, the Olympic frenzy that ran through the city yesterday was unlike anything this town has ever seen.

"This is unreal," said Jeff Hathaway at the LiveCity Downtown site. "We came down from Chilliwack at 4 a.m. just to be a part of this."

Hathaway and his table of four were not the only early morning travellers hoping to be a part of yesterday's madness.

"We took the first ferry from Nanaimo this morning, we almost missed it," said Doug English. "It's been great though, just an awesome time."

MARK J. TERRILL/THE ASSOCIATED PRESS

SCOTT GARDNER/THE CANADIAN PRESS

STIG NIELSEN/FOR METRO VANCOUVER

MARK J. TERRILL/THE ASSOCIATED PRESS

Top right: U.S. fan Steve Vargas, left, gets a hug from a Canadian fan on Robson Street after the men's gold-medal hockey game yesterday. Bottom right: Tony Mitchell celebrates on Robson Street after the game. Above: Fans in Canada House cheer Canada's victory. Left: Inspired by Team Canada's gold medal, revellers play an impromptu game of street hockey at Homer and Davie streets.

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metronews.ca
WHAT'S ONLINE TODAY

Video As investors await a rash of key economic reports, analysts expect March trading to start with a crawl at **metronews.ca/canada**

Video Get to know the smiling Smurfs who guided tourists through the Vancouver Olympics at **metronews.ca/canada**

Lotteries

Friday, Feb. 26
Lotto Max: 2, 27, 30, 32, 35, 36 & 38 Bonus 39
Extra: 31, 39, 42, 46
Saturday, Feb. 27
Lotto 6/49: 4, 6, 14, 23, 25 & 36 Bonus 27
BC 49: 8, 12, 16, 33, 36 & 42 Bonus 7
Extra: 58, 62, 67, 99
These results are not official.

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Three future Games host cities pass the flag

Representatives from three future Olympic host cities attended a flag-passing ceremony at city hall on the weekend, each taking the opportunity to look ahead to their turn at hosting the Games. Eduardo Paes, mayor of Rio de Janeiro, Analoly Pakhomov, mayor of Sochi, and Neale Coleman of London all took part in the ceremony. METRO NEWS SERVICES

B.C. speedskater's hometown thrilled by gold medal win

SPORT Fort. St. John, B.C., hometown of gold medallist speedskater Denny Morrison, has been celebrating the local hero's victory since Saturday.

Mayor Bruce Lantz said Morrison is an inspiration to all kids growing up in small towns, while Morrison's first coach, Karen MacLaren, said she couldn't be more thrilled with the student she coached from three years of age. METRO NEWS SERVICES

Police investigating death of UBC student

SEAN KOLENKO
for Metro Vancouver

The Vancouver Police Department is investigating the death of a 20-year-old University of British Columbia student in his dorm room two days after he was released from a Whistler jail.

The man was arrested Feb. 23, shortly after 5 p.m., for public drunkenness in Whistler Village. While in a Whistler RCMP cell, the man fell several times. He was released shortly after 3:30 a.m. on Feb. 24.

At 2:30 a.m. the next morning, he was found unconscious in his UBC residence.

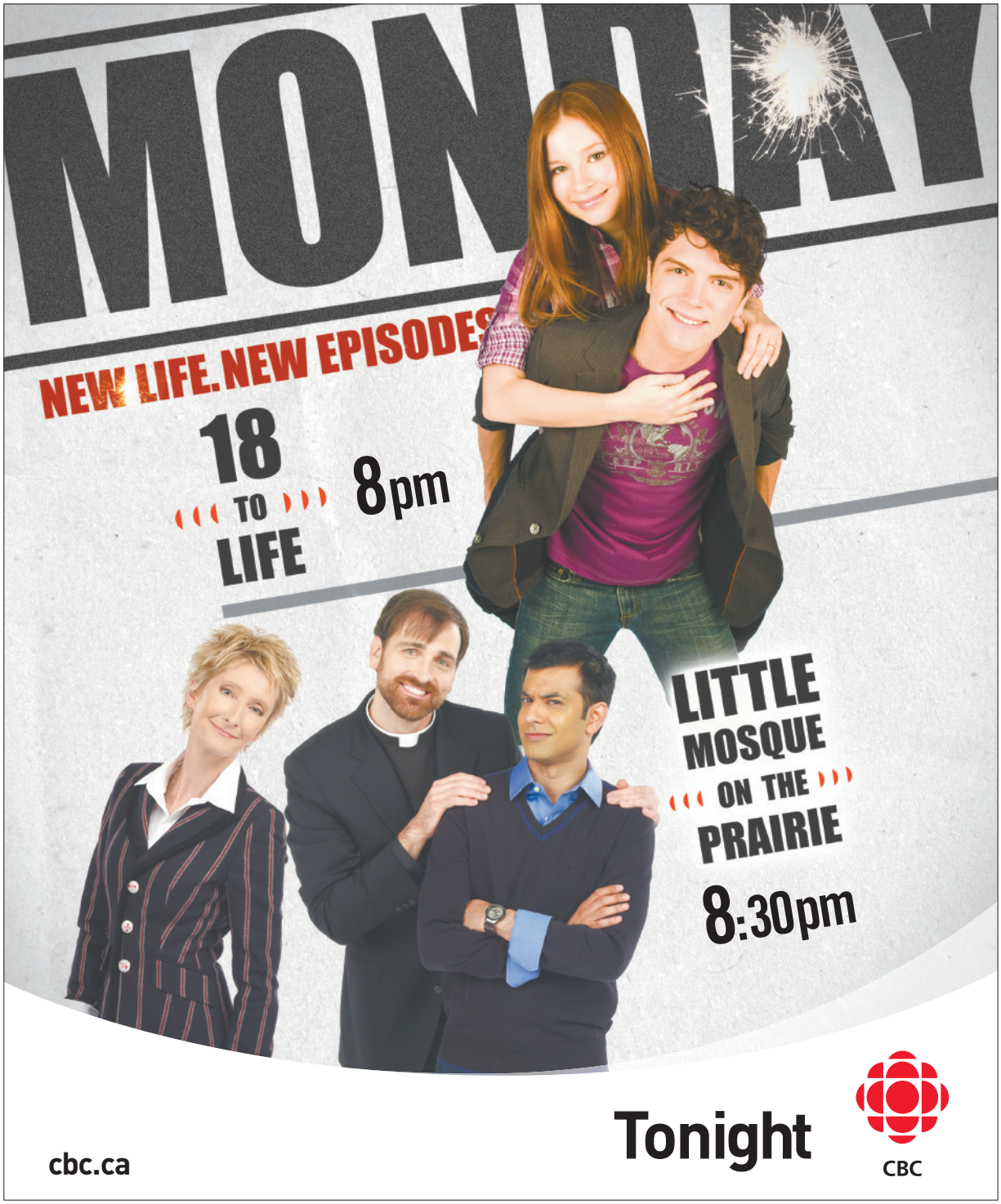
The man was rushed to hospital, where he was later pronounced dead.

No information on the man is available yet, but Vancouver police Const. Lindsey Houghton says more details may be released as the investigation continues.

Photo Of The Day **Flame on!**

JUDY BISHOP/THE TRAVELLING EYE

Nightly fireworks go off over Robson Square. The B.C. government says it'll remain a party site throughout the Paralympics.



Latest from Metro Blenz bloggers: Own the Podium — and brunch

WEB It's not over. Metro Blenz bloggers are going to keep posting and celebrating Vancouver at metroblenznewssquad.com.

Marc Smith writes about Earls restaurant in Yaletown, which was criticized for upping its prices during the Olympics. Yesterday, the restaurant held a special locals-only event that included complimentary brunch — to get in, people just had to show their B.C. driver's licence.

Howard Olsen argues Own the Podium has been a huge success. Canada's relatively small population doesn't compare with China (20 per cent of world population) or Russia (2.1 per cent), yet we won the most gold and third-most total medals.

METRO NEWS SERVICES

News in brief

CRASH Three people are still in hospital after their van rolled over in Burnaby early Saturday morning. The van was carrying seven people home from Olympic celebrations when the driver lost control, hit a lamppost and flipped the vehicle. Two passengers died at the scene, while the driver and the passenger suffered no injuries.

CLOSURE The Granville Street Bridge had to be closed after the Canadian men's hockey team won gold yesterday because of the large number of people using the span to walk downtown.

CREDIT International Visa cardholders spent more than $100 million in B.C. during the Olympics, the Games sponsor said yesterday. That's 93 per cent more than was spent over the same period last year with people from the U.S., China and the U.K. leading the way.

COVERAGE Almost all Canadians, at 99 per cent, watched at least some of the Olympic Games, according to Canada's Olympic Broadcast Media Consortium. That's more than 33 million people.

METRO NEWS SERVICES

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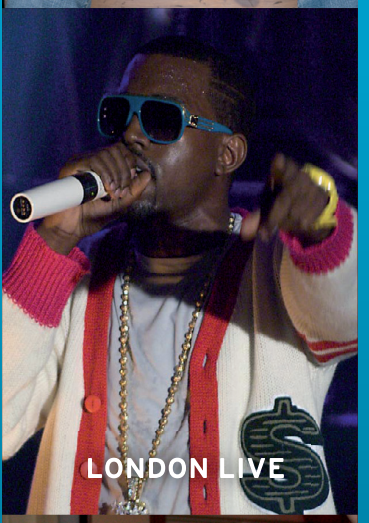

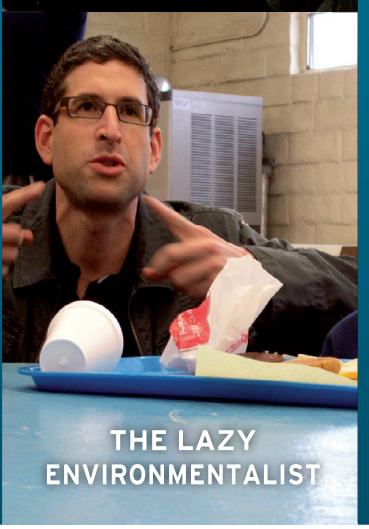

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HD

Weekdays

Power & Politics with Evan Solomon

2 to 4pm

Think of him as your voice in Ottawa.

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New Time

4 to 5pm

If money talks, this is where it comes to debate.

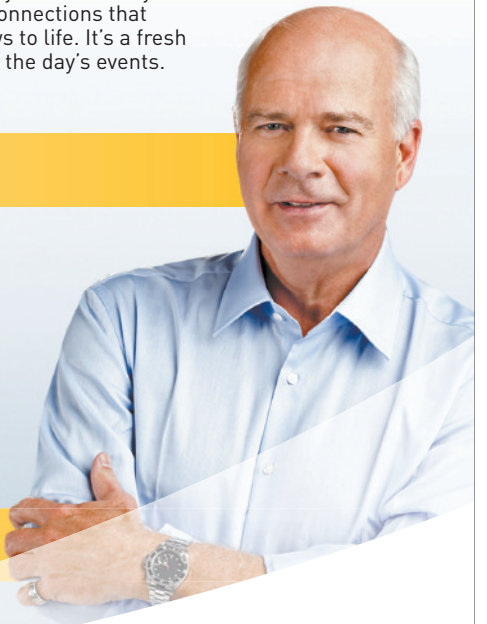
Kevin has the money, the investment expertise, and lots of opinions. Amanda has the smarts and the business know-how to keep him in check.

Connect. with Mark Kelley

5 to 6pm

It's personal.

When you want the real story, you have to talk to the people behind the story. Mark offers you the personal connections that bring your news to life. It's a fresh perspective on the day's events.



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9 & 11pm

10pm on CBC Television

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CBC news network

Report: Quebec debt among highest in industrialized world

An analysis by the Quebec Ministry of Finance suggests the province has one of the most heavily indebted economies in the industrialized world. The report puts Quebec's total public debt at $285.6 billion. THE CANADIAN PRESS

Canada

Political games to begin again with throne speech

Stephen Harper's Conservatives will launch a new session of Parliament this week aimed at steering the country through a fragile economic recovery. But opposition parties are hoping to continue stoking the fires of public anger over the prime minister's decision to delay Parliament's scheduled Jan. 25 reopening by five weeks. The pressure is on Harper to demonstrate in Wednesday's throne speech and Thursday's budget that he's put that extra time to good use. THE CANADIAN PRESS

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SCANLIFE

Last week's cross-burning was no surprise to many black Nova Scotians who face a deep racial divide. Scan this code for the story.

News in brief

SECURITY Canada's air-security agency has ordered officers to stop the routine screening of travellers of the opposite sex. Instead, passengers who set off an alarm as they walk through airport metal detectors must be searched by a screening officer of the same sex. The official policy change was quietly disseminated by the Canadian Air Transport Security Authority in December to the firms it contracts to handle security at 89 airports across the country. A spokesman for the agency said "no particular incident" triggered the new bulletin. Rather the change is "simply CATSA's desire to improve its policies and procedures," said Mathieu Larocque. THE CANADIAN PRESS

Deficit won't go away without pain: Analysts

Hospital lineups, federal-provincial squabbles, crumbling infrastructure, a military starved of equipment, and stagnating living standards.

That may sound like a description of Canada in the mid-1990s as the then-Liberal government struggled with deficits and debt that were swallowing 36 cents out of every taxpayer dollar just to pay the interest.

But it may also describe the country in a few years, say analysts who have looked at the long-term implications of Canada's fiscal gap as the country's baby boomers retire.

And many believe Finance Minister Jim Flaherty should start planning how to head-off the train wreck in Thursday's federal budget, although they doubt he will. Flaherty continues to insist that economic growth and limiting government spending increases will eventually eliminate the deficit.

The current deficit of $56 billion, caused mainly by a weak economy, will give way to a permanent one of between $20 and $40 billion in as little as five years, experts predict. THE CANADIAN PRESS

40 Over the next 40 years, the ratio of retirees to workers will go from one in five to one in two, decimating government revenues and increasing health-care and other social costs.

Toronto **Gold rush**

TONY BOCK/TORONTO STAR

The crowd in downtown Toronto reacts to the winning goal after Team Canada scores the OT winner to nab hockey gold.

Canada meets itself at Games

VANCOUVER 2010 **Games**

OLYMPICS If China used the last Games to introduce itself to the world, it would seem the Vancouver Olympics introduced Canadians to themselves.

When The Great One lit the Olympic cauldron, it was a spark that lit national pride.

"This has been a great human occasion for the country," said John Furlong, the chief executive officer of the 2010 Olympic organizing committee.

The Games have come to Canada twice before, but it wasn't until this third date that things seem to have really clicked. The problems of the first few days had a nation questioning whether the drive to own the podium was more than it could handle.

But then the sun came out in the form of the first gold medal won by a Canadian at a Canadian Games. The home turf drought ended with men's mogulist Alexandre Bilodeau. THE CANADIAN PRESS

Dutch activists protest Catholic policy on homosexuals
Dutch media say around a hundred activists have walked out of a church in the Netherlands to protest the Catholic policy of refusing communion to homosexuals. THE ASSOCIATED PRESS

9

World

Chile death toll soars

President appeals for aid after 'catastrophe of unthinkable magnitude'

Chile's president sent the army to help police attack looting yesterday and appealed for international help in the wake of an earthquake that shattered cities and killed at least 708 people.

President Michelle Bachelet announced the sharply higher new death toll after a six-hour meeting with aides and emergency officials struggling to cope with one of the most powerful earthquakes in centuries.

"We face a catastrophe of such unthinkable magnitude that it will require a giant effort" for Chile to recover, Bachelet told a news conference at the presidential palace, which itself suffered minor cracks in Saturday's magnitude-8.8 quake. She said that a growing number of people were listed as missing and she signed a decree giving the military control over security in the province of Concepcion, where looters have pillaged supermarkets, gas stations, and banks. The president also said the country would accept some of the offers of aid that have poured in from around the world.

Michelle Bachelet

She said the country needs field hospitals and temporary bridges, water purification plants and damage assessment experts — as well as rescuers to help relieve workers who have been labouring frantically for more than a day. THE ASSOCIATED PRESS

Scare averted

- Hawaii's beaches were again filled with sun-soaking tourists as life returned to normal yesterday following a scare from a tsunami that raced across the Pacific, setting off mass evacuations and safety worries.

Marines, Afghan troops to stay months in Marjah

AFGHANISTAN More than 2,000 U.S. marines and about 1,000 Afghan troops who stormed the Taliban town of Marjah as part of a major NATO offensive against a resurgent Taliban will stay several months to ensure insurgents don't return, marine commanders said yesterday.

Meanwhile, insurgents are striking back by attacking resupply convoys moving in and out of Marjah with roadside bombs, marines said yesterday. Four convoys have been hit in the last two days, marines said on condition of anonymity because they were not supposed to release the information. There was no word on casualties.

Two marine battalions and their Afghan counterparts will be stationed in Marjah and help patrol it as part of NATO's "clear, hold, build" strategy, which calls for troops to secure the area, restore a civilian Afghan administration, and bring in aid and public services to win the support of the population that has been stressed due to a number of civilian casualties, commanders said. THE ASSOCIATED PRESS

16 As evidence that the Taliban are far from defeated, a team of suicide attackers struck Friday in the heart of the capital, Kabul, killing at least 16 people in assaults on two small hotels.

Violent storm pounds Europe

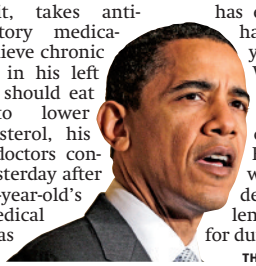
EXTREME WEATHER A violent late winter storm with fierce rain and hurricane-strength winds ripped across western Europe yesterday, battering France and four other countries, leaving at least 51 people dead.

The storm, named Xynthia, was the worst in France since 1999 when 90 people died. Prime Minister Francois Fillon held an emergency cabinet meeting and afterward called the storm a "national catastrophe."

Many of the at least 45 victims in France drowned. THE ASSOCIATED PRESS

Obama urged to quit smoking, eat better after medical checkup

U.S. President Barack Obama hasn't kicked his smoking habit, takes anti-inflammatory medication to relieve chronic tendinitis in his left knee and should eat better to lower his cholesterol, his team of doctors concluded yesterday after the 48-year-old's first medical checkup as commander in chief.



The chief executive, who has endured an exhausting first year in the White House and yearlong battles with congressional Republicans, was otherwise declared in excellent health and fit for duty. THE ASSOCIATED PRESS

News in brief

DUBAI The assassins of a senior Hamas operative used a powerful muscle relaxant to incapacitate him before suffocating him with a pillow in his hotel room, Dubai police said yesterday, in the latest revelations from the slaying local authorities have blamed on Israel. THE ASSOCIATED PRESS

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What effect will the return of former Pentagon favourite Ahmad Chalabi have as Iraqi elections near? Scan this code for the story.

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Comment

Transit should be Olympic legacy

The conclusion of Vancouver's Winter Games provides an occasion for more than just counting Canadian medals, or the dollars required to stage this blockbuster event. It gives us an opportunity to assess how our transit infrastructure held up amidst the biggest influx of visitors this city and region have ever seen. So what can we take away from these Olympics?

1. Rapid transit — in the form of light metro — is pivotal to the growth of this region. Let's stop arguing about the merits of rapid transit technologies in the Tri-Cities, or out to UBC, and get on with expanding our already successful SkyTrain network. In the end, it was the Canada and SkyTrain lines that did the heavy lifting for the Olympics, with the Canada Line moving millions between competition sites and downtown destinations. Ditto for SkyTrain, especially close to the stadiums.

Let's stop arguing about the merits of rapid transit technologies ... and get on with expanding our already successful SkyTrain network.

2. The Olympic Line streetcar should become a permanent legacy. Over the past couple of weeks, thousands have taken the trip between the west side of the Olympic Village and Granville Island. The success of the line underscores the demand for a better transit link to Granville Island. TransLink and the City of Vancouver need to find a way to make this line a reality — for the sake of Granville Island's economic well being, as well as the sustainable growth of the Olympic Village neighbourhood.

3. The sailing of three SeaBuses should be made permanent. Trips on the vessels were up an astonishing 200 per cent compared to before the Games. If TransLink is serious about getting people out of their cars, they need to upgrade this service permanently — just as they had originally promised. Unless the agency wants to come out and say exactly what is the problem with one or more of the older SeaBuses, there is no good reason why all three vessels shouldn't be running.

4. Speaking of water transport, it was great to see many of our private water taxi and ferry services thriving during the Olympics — moving visitors around False Creek and elsewhere. Our regional transport agencies need to accommodate these plucky maritime entrepreneurs, who are filling a demand that government cannot, or will not, meet.

5. In the end, it was locals who made the Olympics transportation plan an overall success. Lets build off of their enthusiasm with a commitment to increasing transit capacity, frequency and quality.

Derek Moscato is a writer with a focus on urban issues, transportation, architecture and economics; dmoscato@yahoo.com.

Views

Olympic world is way more fun

Monday morning. March 1. It's no longer the winter Olympics. Now it's just winter. And where I live, it no longer feels like Christmas morning as we bound out of bed every day eager to discover what new medals arrived during the night.

Why can't the Olympics last forever? The Olympic world is simpler than real life. In Olympic World, success isn't as complicated and overwhelming as passing a national policy on global warming, it's simply whether or not our speed skater got across the finish line first.

Olympic World is more exciting than real life. In real life, newspapers report, "The house of commons voted to accept the new health bill." In Olympic world they'd say, "In a breathtaking display of courage and determination, members passed the bill in record time, later thanking their mothers for inspiring them never to give up hope." It just makes all the difference.

Compare — Real world:

Partner: You're still on the couch. You were there when I left nine hours ago.

You: It's a "Flip this House" marathon.

Partner: I'm so leaving you for someone who takes out the garbage.

Olympic world:

Partner: You've been on the couch all day.

You: It's the Olympics.

Partner: Of course. Let me get you a snack.

Or, real world:

Me: Let's watch women's sports tonight.

My friend: Oh yes, let's. Oh dear. There's only men's sports on again. Oh well...

Olympic world:

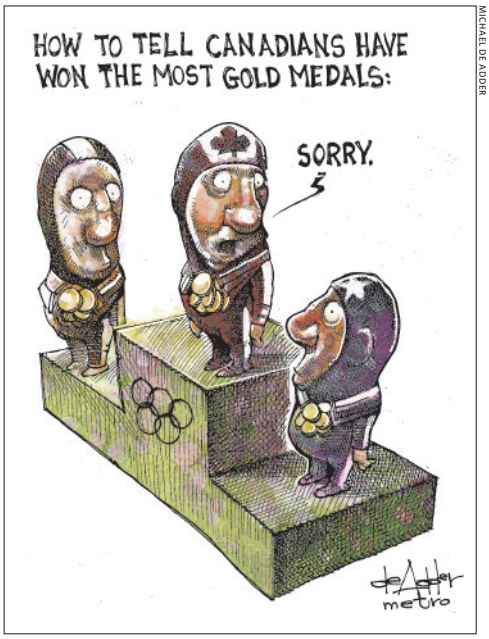
Me: You know, since 80 per cent of Canadian medals in the last two Olympics were won by women, don't you think it makes sense to fund only sports for female athletes?

My friend: (gasping, choking and making other very satisfactory noises.)

I realize the Olympics can't last forever. Sooner or later Rick Mercer would run out of human interest stories to tell. Possibly by this Friday. Sometime, we have to return to the real world.

But not yet. For a few days, I'm holding onto the pure simple joy of feeling our country is the centre of the universe and happiness is no harder to obtain than a bronze in snowboard cross.

Anne Hines is an author and humour writer. She has written three novels and one collection of nonfiction humour.



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METRO Vancouver 1190 Homer Street, Suite 250, Vancouver, BC V6B 2X6, Tel: 604-602-1002; Fax: 1-866-254-6504; Advertising: 604-602-1002 • adinfovancouver@metronews.ca; vancouver_distribution@metronews.ca; News: fernando.carneiro@metronews.ca

Fraud prevention month
Ninety per cent of Ontarians take preventive steps to avoid becoming a victim of fraud, from shredding documents, to shielding their personal identification number (PIN), according to a TD Canada Trust fraud prevention month poll. METRO NEWS SERVICES

Business

DOLLAR	GAS	OIL	TSX
US 94.40¢ (Friday's close)	US $4.76 (Friday's close)	US $78.17 (Friday's close)	11,631.44 (Friday's close)

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Internet's dark side

Tips to help you guard against online fraud

HEATHER BUCHAN
for Metro Canada

Fraud Prevention

The Internet has afforded many conveniences — banking, shopping, dating and getting the latest news — all from home.

But there's a darker side to Internet use: Increased risk of becoming a victim of fraud. Internet fraud comes in many forms, from phishing, to click fraud, to spam, to online marketing, to contests and surveys. The list goes on.

In the past few years, the RCMP, which operates Phonebusters, Canada's online crime-fighting agency, has seen an alarming rise in the number of Internet-based scams in Canada.

Because the Internet is a decentralized network of computers with no controlling company or government, it's all the harder for police to crack down on cyber-criminals. In addition, many laws don't yet reflect technological advances, making it difficult to lay charges.

Tim Richardson, an e-commerce professor at Seneca College, says much of the online fraud is building towards identity theft, which is why it's imperative to protect sensitive information.

Here, some ways to guard against Internet fraud:

- Use a different user ID and password combination for different accounts.
- Make the passwords more complicated than just letters and numbers, and change them regulary.
- Protect your computer with anti-virus software, spyware filters, email filters and firewall programs.
- Before entering personal information on a website, look for the "lock" icon in your browser. A closed lock or padlock indicates that you are on a secure website.
- Before entering data on any website, read their unique privacy and security policies before entering any personal information.
- If you suspect any fraudulent activity online, report it to the police.
- Shop only from reputable online stores and make sure their websites use encryption.

Olympic sponsors strike gold

GREEN MARKETING Wayne Gretzky clutched a recyclable torch as he rode in a hybrid pickup en route to ignite the natural gas Olympic flame, shining an international spotlight on the creators of those clean-energy innovations.

This moment was a veritable showcase of products from high-profile corporate sponsors seeking to tie their brands to Vancouver's promise to host the greenest Games in history, including GM Canada, maker of the Silverado hybrid, and Bombardier Inc., which manufactured the mostly recyclable torch.

Environmental sustainability is a well-publicized theme for the Vancouver Olympic organizing committee, which has pressured corporate sponsors, from Bell Canada to Canadian Pacific Railway, to reduce their environmental footprints.

The 62 sponsors who committed to VANOC's pledge of carbon neutrality were rewarded with a "sustainability star." Their green initiatives were first to be touted when international media came knocking for sustainability-themed Games stories.

VANOC hopes the pressure they've put on corporate sponsors will have a "ripple effect" and permanently change the way they do business, Duffy said.

Corporations that clean up their image for the Olympics can garner long-term payoffs by tying their environmental initiatives to a brand image that consumers already recognize, said Marc Stoiber of Vancouver's Change marketing, which helps brands promote themselves as green.

THE CANADIAN PRESS

ADRIAN WYLD/THE CANADIAN PRESS
Wayne Gretzky holds the mostly recyclable 2010 Olympic torch.

EU scolds Google on privacy

ONLINE European Union data privacy regulators are telling Google to warn people before it sends cameras out into cities to take pictures for its Street View maps. In a letter to the company, regulators also say Google should shorten the time it keeps the original photos from one year to six months.

Google says it has a legitimate need to retain Street View images for one year.

THE ASSOCIATED PRESS

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ScanLife
"It's like Tiger Woods." As Toyota's woes mount, this week's Geneva Auto Show is crucial to a comeback. Scan this code for the story.

Stock traders expected to tread carefully ahead of key reports

BUDGET Expect March trading to get off to a subdued start this week as investors await a raft of economic news, including an announcement from the Bank of Canada on interest rates.

Also coming is the latest reading on Canadian economic growth and a fresh reading on the U.S. manufacturing sector. But investor attention will be particularly focused on developments in the Greek debt crisis and the release of the U.S. non-farm payrolls report on Friday.

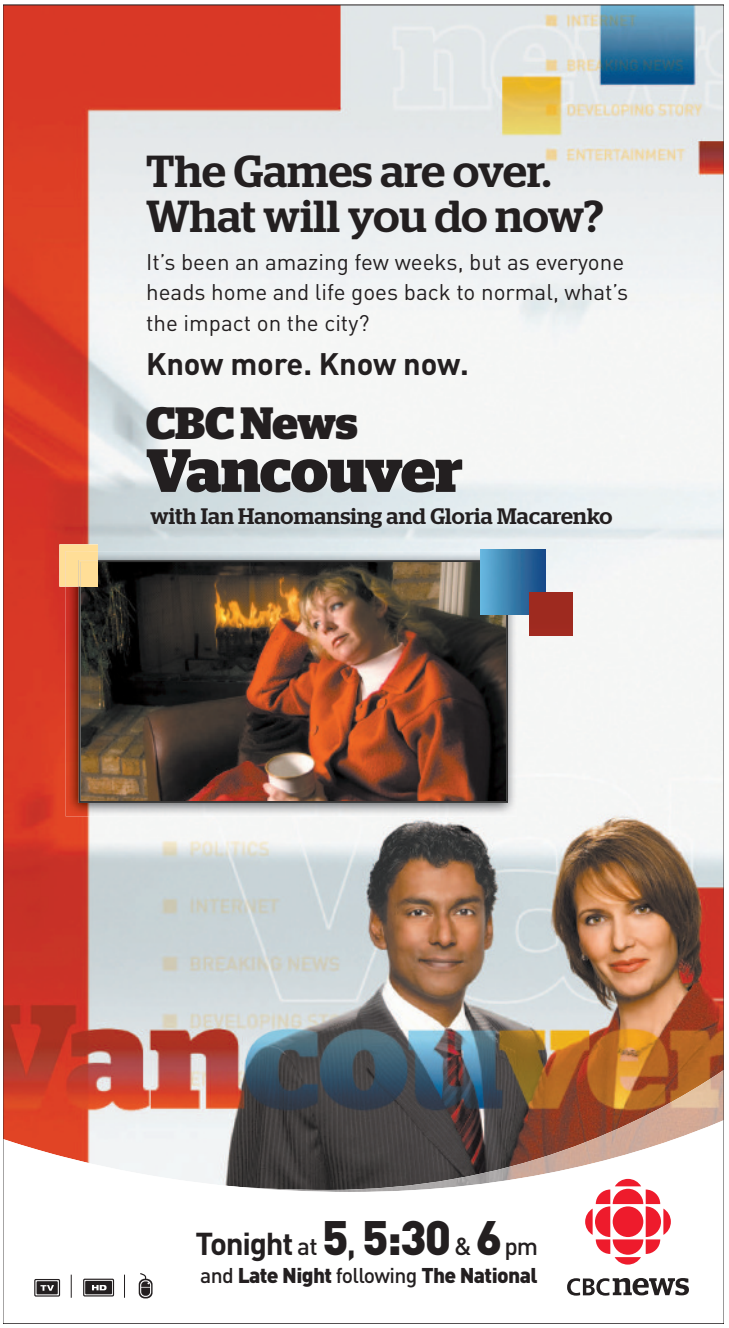
Stock markets skidded lower last week with investors trying to determine how strong the economic recovery will be.

THE CANADIAN PRESS

Business in brief

DEBT Intrawest, owner of the Whistler Blackcomb Olympic ski venue, will not be sold off during the Games after its debt-laden owner won a second extension from its lenders. A source said creditors have granted Fortress Investment Group LLC another delay on an auction, as the firm and its lenders continue talks to rework its debt.

THE CANADIAN PRESS



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12 **The simple life**

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Going Green

EDITOR: BEN.RYCROFT@METRONEWS.CA

A decade of the tiger

WWF vows to bring animal back from 'tipping point' of extinction

ROMINA MCGUINNESS
Metro World News

The recent Chinese New Year marked the start of the year of the tiger.

The largest of the cat species, tigers are a powerful and majestic symbol in many cultures, yet today find themselves at what scientists refer to as a "tipping point" — meaning that left to their own devices in the wild, their destiny could go either way: Survival or extinction.

There are as few as 3,200 tigers left in the wild and the WWF, together with the World Bank, have launched a global campaign, T x 2, urging to double this number by the next year of the tiger in 2022.

The process started in October 2009, where tiger experts discussed a series of actions to change the existing trajectory of tigers from the verge of extinction to one of growth.

The talks will culminate in Vladivostok, Russia, in September 2010, where the Global Tiger Summit will address the following issues:

COURTESY OF WWF

Indian tigers are targets of large scale poaching.

1 Surviving tiger populations must be protected to allow their prey base to return.

2 Once the foundation for survival has been set, tigers need large intact landscapes to expand in, without the conflicting presence of humans.

3 Bring to a minimum and eventually halt the international demand for tiger parts by controlling business operations and borders.

4 Create political engagement at the highest level and budget. Governmental commitment and finance is crucial and what has been missing so far.

Tiger facts

- The tiger is at top of the food chain, feeding off large mammals such as deer, antelope, and buffalo. They have been known to eat crocodiles and bears.
- Tigers can consume up to 40 kg of meat at one time.
- Males of the largest species weigh up to 300 kg.

Building a sustainable future

ROMINA MCGUINNESS
Metro World News

ACTIVISM WWF scientist Eric Dinerstein is working on the forefront of the Tiger Initiative. Metro spoke to Dinerstein about the initiative.

Eric Dinerstein

Q **Why are wild tigers being poached so much today?**

A It's much cheaper to go out and hunt a wild tiger than it is to feed and maintain one in captivity. We need to work closely with local governments as very few people are benefiting from this illegal activity.

Q **In your opinion, what are the most shocking tiger facts?**

A As of today, tigers occupy seven per cent of their historical coverage and that they have 40 per cent less habitable and hunting area than they did 10 years ago.

Q **What is the key strategy needed for the tigers' survival?**

A Mustering political will between the 13 tiger states. We also need to stabilize the current situation. Take the case of blue whales. Despite efforts to save them, they are breeding very slowly — tigers are the opposite as they breed faster than their prey.

Q **What kind of diet does a tiger need to survive?**

A (About) 50 deer sized animals are needed to feed one female tiger across a one-year period. Once you know how much prey is needed, you can sustain its breeding population.

Bosh misses 5th straight game

All-star forward Chris Bosh did not travel with the Toronto Raptors and missed his fifth straight game last night due to a sprained left ankle. Bosh is listed as day-to-day for the Raptors, who played at Oklahoma City last night and are scheduled to play at Houston tonight. THE ASSOCIATED PRESS

Sports

Watch out for England: Dunga

Brazil coach Dunga says England and Spain are the main favourites to win the 2010 World Cup, along with his own team. He tells SporTV that "England will be very strong" with Fabio Capello, as the Italian coach will be able to make his players as competitive in the national team as they are at club level. Dunga says Spain will be the main favourite as the 2008 European champion is "continuing to play well." THE ASSOCIATED PRESS

EDITOR: DON.MCHOULL@METRONEWS.CA

Blue Jays won't rush recovering McGowan

Dustin McGowan was pitching to major league hitters yesterday for the first time in more than a year and a half.

Having him make Toronto's opening-day roster is not a priority for the Blue Jays — and it shouldn't be for McGowan, either.

"We've talked to him about it. That date is non-existent for us with him," general manager Alex Anthopoulos said.

"If it happens to fall on that date, great. If it happens a week later, that's fine as well, even three months after that.

"This is a young guy who certainly has a great chance to be part of this organization for a long time and we want to make sure we get it right and not take any chances."

The 27-year-old last pitched on July 8, 2008, and was removed early in a game against Baltimore with a sore right shoulder.

Two days later he went on the disabled list and underwent surgery July 31 to repair fraying of the labrum.

It finished him for that season and last year's as well.

Then on July 9, 2009, he had surgery to repair damaged cartilage in his right knee, delaying his rehabilitation by about six weeks.

McGowan was scheduled to throw only in the bullpen yesterday, without facing batters, "but I talked with (pitching coach) Bruce Walton," Anthopoulos said, "and our trainer signed off on it, and Dustin felt good and wanted to throw to hitters. We didn't have a problem with it."

McGowan said he threw 25-30 pitches in the bullpen and about 20 to batters.

"Actually, to tell you the truth, I was a little nervous all last night," he said.

"I didn't know what to expect. But we didn't call any inside pitches. I was just trying to get a feel for pitching again and just finding the plate.

"The important thing is that I got to do it and everything felt good.

"I enjoyed it, having fun again."

TORSTAR NEWS SERVICE

DARREN CALABRESE/THE CANADIAN PRESS

Toronto pitcher Dustin McGowan throws during live batting practice at the Blue Jays' spring training facility in Dunedin, Fla., yesterday. It marked the first time McGowan has thrown to live hitters since July 2008 before falling prey to injuries.

m.metronews.ca

ScanLife

"Goosebumps" greet rare public appearance by reclusive pitching legend Sandy Koufax at charity event. Scan this code for the story.

Reyes met with investigators about doctor

BASEBALL Mets shortstop Jose Reyes said yesterday he met with U.S. federal investigators last week regarding a Canadian doctor accused of selling an unapproved drug.

Jose Reyes

Dr. Anthony Galea is facing four charges in Canada related to the unapproved drug known as Actovegin, which is extracted from calf's blood and used for healing. His assistant also has been charged in the U.S. for having HGH and another drug while crossing the border in September.

Galea is known for using a blood-spinning technique — platelet-rich plasma therapy — that is designed to speed recovery from injuries. Besides Reyes, he has also treated Tiger Woods and several other professional athletes.

"They just asked me basically how I met the guy and stuff like that, and what he put in my body," Reyes said. "I explained to them what he (was) doing. ... I don't worry about anything because I didn't do anything wrong."

SI.com reported Saturday night that federal officials have told several athletes to expect grand jury subpoenas in the case. The website cited three anonymous sources familiar with the investigation.

The New York Times reported in December, citing anonymous sources, that the FBI opened an investigation into Galea based in part on medical records found on his computer relating to several professional athletes.

THE ASSOCIATED PRESS

CLARA HUGHES Olympic & World Champion

Sports in brief

MAN U Wayne Rooney scored his 28th goal of the club season as Manchester United retained the Carling Cup with a 2-1 victory over Aston Villa yesterday. Rooney sent a powerful header over American goalkeeper Brad Friedel in the 74th minute to settle the first meeting of U.S.-owned clubs in an English final.

SOCCER Chan Ho Park has joined the New York Yankees. The 36-year old Park took part in his first workout with the team yesterday. The South Korean right-hander agreed to terms last week on a $1.2 million US, one-year deal.

METRO NEWS SERVICES

SCOREBOARD

NBA

YESTERDAY'S RESULTS

Oklahoma City 119 Toronto 99
San Antonio 113 Phoenix 110
L.A. Lakers 95 Denver 89
Atlanta 106 Milwaukee 102 (OT)
Washington 89 New Jersey 85
Orlando 96 Miami 80
Sacramento 97 L.A. Clippers 92
Dallas 108 Orleans 100

TODAY'S GAMES

Dallas at Charlotte
New York at Cleveland
Orlando at Philadelphia
Atlanta at Chicago
Portland at Memphis
San Antonio at New Orleans
Toronto at Houston
Denver at Phoenix
Utah at L.A. Clippers

Near miss in 50-km race

Cross-country skier Devon Kershaw from Sudbury, Ont., just missed the podium in the men's classical 50-kilometre, placing fifth in two hours 5:37.1 seconds. Norway's Petter Northug won gold. THE CANADIAN PRESS

Vancouver Games

EDITOR: DON.MCHOULL@METRONEWS.CA

VANCOUVER GAMES

MedalCount

NATION				TOTAL
U.S.	9	15	13	37
Germany	10	13	7	30
Canada	14	7	5	26
Norway	9	8	6	23
Austria	4	6	6	16
Russia	3	5	7	15
South Korea	6	6	2	14
China	5	2	4	11
Sweden	5	2	4	11
France	2	3	6	11
Switzerland	6	0	3	9
Netherlands	4	1	3	8
Czech Republic	2	0	4	6
Poland	1	3	2	6
Italy	1	1	3	5
Japan	0	3	2	5
Finland	0	1	4	5
Australia	2	1	0	3
Belarus	1	1	1	3
Slovakia	1	1	1	3
Croatia	0	2	1	3
Slovenia	0	2	1	3
Latvia	0	2	0	2
Britain	1	0	0	1
Estonia	0	1	0	1
Kazakhstan	0	1	0	1

On the web

- Vancouver managing editor Fernando Carneiro's daily column (metronews.ca/columns)
- Metro-Blenz News Squad on-the-ground blog
- Complete medal standings and results
- Interactive profiles of Canadian Olympians

Visit metronews.ca for more Games coverage.

'I dreamed of this moment'

Crosby nets winner in overtime as Canadian men bring home gold

JEFF HODSON
jeff.hodson@metronews.ca

Sidney Crosby didn't even see his game-winning overtime goal that captured gold for Canada yesterday in men's ice hockey.

He just heard the screaming.

"I just shot it and didn't see it after that," said Crosby, who took a feed from a falling Jarome Ignila and whistled it past tournament MVP Ryan Miller as Canada beat the U.S. 3-2 and won the final gold medal of the 2010 Winter Olympics.

Crosby skated into the corner as 16,000 raucous fans in Canada Hockey Place, who spent much of the game chanting, cheering, dancing and waving flags, erupted in a roar. Crosby was engulfed by his teammates as they streamed off the bench.

"I dreamed of this moment," Crosby said afterwards. "It's pretty incredible."

The win marks the first time since the 1980 "miracle on ice," when the U.S. beat Russia, that a host country has won hockey gold.

JENNIFER GAUTHIER/FOR METRO CANADA

Canada's Sidney Crosby scores an overtime goal against the USA's Ryan Miller to win the gold medal in the men's hockey final yesterday in Vancouver.

"It's unreal," said goaltender Roberto Luongo. "You work hard your whole life for something like this and it's nice to get rewarded. This medal is not for myself, but for Canada and for the people of Vancouver and the fans that have supported me since the first day I got here."

Canada, which sported a 2-0 lead halfway through the second period on goals from Jonathan Toews and Corey Perry, watched in dismay as Zach Parise, untouched in front of the net, pounced on a rebound to beat Luongo with only 24 seconds remaining in the final period.

"I thought we deserved better," said U.S. forward Ryan Kesler, who deflected a weak shot by Patrick Kane past Luongo to score America's first goal.

"We proved that it's not just Canada's game. We took them to overtime. We beat them once already. It was anybody's game in overtime."

Obama's bet

- It seems U.S. President Barack Obama owes Prime Minister Stephen Harper a few cold ones. The two leaders had a friendly bet on the outcome of yesterday's gold-medal Olympic hockey game.
- Team Canada came out on top, so Obama will have to pick up a 24-pack of Molson Canadian for the prime minister. Harper would have had to buy Obama a case of Yuengling beer if the U.S. had taken the top honour at the tournament.

THE CANADIAN PRESS

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Toews, Weber picked as all-stars

SELECTION Canadian forward Jonathan Toews and defenceman Shea Weber were named to the Olympic men's hockey tournament all-star team yesterday, joining three Americans and one Slovak.

The all-star team, selected by the media, also included American goaltender Ryan Miller, the tournament MVP, and two of his teammates: Defenceman Brian Rafalski and forward Zach Parise. Slovak forward Pavol Demitra rounded out the team.

Toews was one of Team Canada's top players and scored the first goal in its 3-2 overtime win over the United States in yesterday's gold-medal game. Weber was a force on defence and offence throughout the tournament.

THE CANADIAN PRESS

Slovak hockey player under fire for doping
The IOC has issued a reprimand against Slovakian hockey player Lubomir Visnovsky after tests revealed he broke anti-doping rules by taking too much cold medicine with the ingredient pseudoephedrine prior to his team's semifinal game against Canada. THE CANADIAN PRESS

Canadian 'icons' help bid farewell

KRISTEN THOMPSON
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It seemed like the perfect ending to an Olympic Games that had a rocky start.

On the heels of Sidney Crosby's spectacular game-winning goal in overtime, 60,000 jubilant spectators made their way from Vancouver's packed downtown streets into B.C. Place for the closing ceremonies.

The event began with a mime pulling up the Olympic cauldron's fourth arm — which failed to rise during the opening ceremonies — and spectators cheered as Catriona LeMay Doan reappeared to ignite it properly this time.

For the next two hours, the crowd was dazzled with a spectacle that celebrated all things Canadian, including toques, beer, poutine and our propensity to apologize.

Performers included Neil Young, Michael Bublé, Nickelback, Avril Lavigne, Alanis Morissette and k-os.

"If the Canada that came together on opening night was a little mysterious to some, it no longer is," said John Furlong, CEO of theVancouver organizing committee. "Now you know us, eh?"

A "parade of Canadian icons," including Mounties, hockey players, voyageurs in birch canoes, beavers, moose and loggers in red plaid shirts danced through the stadium to the former Hockey Night In Canada theme song.

JENNIFER GAUTHIER/FOR METRO VANCOUVER

A giant image of a Mountie was one of many Canadian icons used in the closing ceremonies last night.

William Shatner, Catherine O'Hara and Michael J. Fox made cameos to share their tongue-in-cheek perspectives of Canada.

"My name is Bill, and I'm proud to be Canadian," said Shatner. "I'm proud of the fact that we are a people who know how to make love in a canoe. I'm proud of 'Luuuuuu.'"

Furlong said the Games have brought Canadians together in a way he couldn't have imagined.

"That quiet, humble national pride we were sometimes reluctant to acknowledge (took) to the streets as the most beautiful type of patriotism broke out all across our country," he said.

"Alexandre (Bilodeau), your first gold medal gave us all permission to feel like and behave like champions. Our last gold will be remembered for generations … Good-bye."

ROGER HALLETT/THE CANADIAN PRESS

Performers entertain during the closing ceremonies for the 2010 Vancouver Olympic Winter Games at B.C. Place.

JENNIFER GAUTHIER/FOR METRO VANCOUVER

Performers surround the Olympic cauldron last night.

Tweets show athletes' personalities

TECHNOLOGY Thanks to Twitter, Olympic athletes have been documenting their Vancouver Games experiences in minute detail.

Take Canadian skeleton racer Jeff Pain, who helpfully asks — then answers — the question of what an Olympic athlete drinks the night after a race.

"Should I start with tequila or rye?" he tweeted. "Yes, foolish question. Both it is. Party time. Back up the bus, I'm driving."

For fans, such minutiae add dimensions to personalities that are sometimes difficult to crack through the one-way TV screen.

Of course, outsized American figure skater Johnny Weir is not really one of those carefully guarded athletes. So his predictably entertaining Twitter feed goes even further, as he writes about listening to Lady Gaga in the bath or publicly dissects his own mood.

Canadian freestyle skier Ryan Blais, meanwhile, posts to both Facebook and Twitter and, based on his accounts, has seemed to make the most of his Olympic experience.

As documented in his Facebook photo diary, he sat within a stone's throw of Wayne Gretzky at an Olympic hockey game, boogied through a Barenaked Ladies concert from floor seats and posed next to a pair of shirtless, chest-painted Canadian fans.

THE CANADIAN PRESS

Rochette carries flag during closing ceremony

COURAGE Figure skater Joannie Rochette, who persevered after the death of her mother and made it to the medal podium was given the honour of carrying Canada's flag into yesterday's closing ceremonies at the Vancouver Olympics.

Joannie Rochette

Rochette won a bronze medal less than a week after her mom Therese died of a heart attack. Canadian chef de mission Nathalie Lambert said Rochette was selected for her grace and courage under pressure.

THE CANADIAN PRESS

Finns take bronze

Finland won the bronze medal in Men's Hockey Saturday, rallying from a late two-goal deficit for a 5-3 victory over Slovakia. THE CANADIAN PRESS

Vancouver Games

It's been a slice

A look back at the 2010 Winter Games

Clockwise from below left: Volunteers take a break at the Richmond Oval on Feb. 15. Marianne St-Gelais has tears in her eyes as she accepts her medal at BC Place. Short-track Speedskater Charles Hamelin at the Pacific Coliseum on Feb. 20. Mitchell Whitmore of the USA stumbles. Katarzyna Wozniak reacts after falling at the finish line. Speedskater Jeremy Wotherspoon in his final Olympic Games.

PHOTOS BY JENNIFER GAUTHIER/

MORE IMAGES ON PAGES 18 AND 20

Special Advertising Feature

BCLC sends British Columbians to the 2010 Winter Games

Since BCLC became the Official Lottery and Gaming provider of the Vancouver 2010 Olympic and Paralympic Winter Games in 2006, the goal has been to share the Olympic Spirit with British Columbians.

As an Official Supporter of the 2010 Winter Games, BCLC contributed to the tremendous athletic achievement while offering British Columbians an opportunity to participate. Involvement in the once-in-a-lifetime event provided BCLC a unique opportunity to offer event tickets and exclusive VIP experience packages to lottery prize winners.

"I won the SportsFunder VIP experience package through a 2010 raffle game," explained North Vancouver resident, Phillip Callaghan. "We had the best seats at the best events of the Games and were so close to the action. It was something I never could have done on my own and I will remember this for my entire life."

Through lottery games and community contests over 1000 British Columbians won tickets and the opportunity to share the excitement and be a part of the Games. Programs like SportsFunder lottery games assisted over 12,000 KidSport children to play the sports they love.

At the Richmond O Zone, the massive 5,000 square foot, four-domed BCLC 2010 Winter Games Dome welcomed over 50,000 visitors. Participants tried unique interactive sport experiences through Immersa-Dome technology, tried out a simulated Biathlon course and tested their wrist shot on the Olympic or Paralympic ice hockey experience.

Last summer, the Games Dome travelled to 13 communities around the province showcasing the 2010 Winter Games experience. A prize winner from each community won a pair of gold medal speed skating tickets, cash and accommodations to enjoy during their Games experience.

"I can't believe it, I'm so excited," exclaimed Jeff Banks of Kamloops after winning gold medal speed skating tickets. "I once coached a young skater who now aspires to be on the Olympic Team. His dad helped build the Owen Oval in Kamloops so future athletes of all levels could train. To have the chance to be a part of the experience is unbelievable."

Record performances by Canuck boarders

At times, Olympic snowboarding fans had to squint in the soupy fog or peer out from inside their ponchos just to see the action on rainy Cypress Mountain.

And when they did, many caught glimpses of history.

In six days of snowboarding at the Vancouver Games, the world witnessed high-speed collisions, aerial acrobatics and partying crowds undeterred by the showers that frequently rinsed the mountain.

Cypress also staged redemption for Canadian gold medallists Maelle Ricker and Jasey-Jay Anderson, as well as an unexpected silver medal from Mike Robertson.

"We got three medals ... and even people who didn't

Jasey-Jay Anderson

medal, they had the performance of their lifetime," said Robertson, who has never won a World Cup event, but grabbed silver in snowboard cross at his first Olympics.

"They really brought it when it counted."

Heading into the Games, Canada had only ever won two medals in Olympic snowboarding — Ross Rebagliati carved to gold in 1998 at Nagano and Dominique Maltais took the bronze four years ago in Turin, Italy.

By capturing three Olympic medals in Vancouver, Canada Snowboard met the expectations of the government-sponsored Own The Podium program.

"We got three guys on the podium, it's good, it's really good," said Christian Hrab, high-performance director for Canada Snowboard.

The federation set its own internal target of five medals, but Hrab was thrilled with three.

"Truth is we had some lofty goals — you aim high," Hrab said Saturday, moments after Anderson grabbed gold in the parallel giant slalom.

THE CANADIAN PRESS

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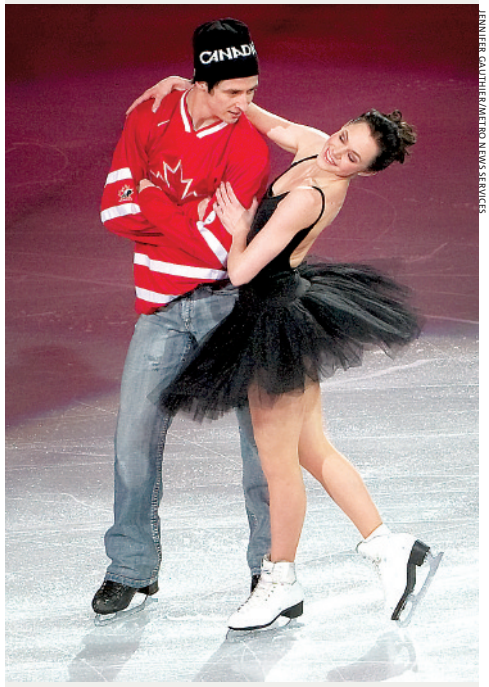
Vancouver Games

Skating Beauty and the best



JENNIFER GAUTHIER/METRO NEWS SERVICES

Gold medallists Tessa Virtue and Scott Moir at the figure-skating exhibition gala Saturday.

Skier from Ghana a winner on his own terms

Ghana's first Winter Olympian had a modest goal in the men's slalom: Not to finish last.

Mission accomplished.

Kwame Nkrumah-Acheampong, known as the "Snow Leopard," fulfilled his goal of competing in the Olympics on Saturday, completing the men's slalom with a combined time of 2:22.60 — more than 43 seconds behind the winner but still ahead of one skier, Albania's Erjon Tola.

Greeting the crowd with his six-year-old daughter Ellice in tow, a beaming Nkrumah-Acheampong said he was happy to have done the job in front of his family.

"It's great. Daddy is not last on the list," the Snow Leopard declared. "And that was one of my main aims."

THE ASSOCIATED PRESS

Transit Alert

Many TransLink bus services will return to their regular routing in early March as some Olympic road closures end.

For a few services, the date of return to regular routing has changed from the original schedule. Check updated information at **translink.ca** or call **604-953-3333**.

Thank you for your patience during this very busy period.

TRANSLINK

Rogge praises figure-skating judging
International Olympic Committee president Jacques Rogge said yesterday that the judging of the figure skating competitions at the Vancouver Olympics was "absolutely impeccable." THE ASSOCIATED PRESS

Games capped off with emotional fireworks

There's no debating the moments of magic that lit up the Canadian short-track team's 2010 Olympic experience.

There was rookie Marianne St-Gelais, who won silver in the women's 500 metres.

Then the personal victory of team veteran Tania Vicent, 34, the oldest athlete competing in the circuit, as she helped the relay team skate to silver.

"It's a fairytale."
Yves Hamelin

Next, Charles Hamelin and Francois-Louis Tremblay won gold and bronze in the men's 500, followed by the men's relay team winning gold.

Team Leader Yves Hamelin glowed as his sons, Charles and Francois, received gold medals for that final event. "It's a fairytale," Hamelin said of watching his sons on the podium.

Tremblay, meanwhile, basked in the glory of his fifth Olympic medal, an accolade that has him tied with former short-tracker Marc Gagnon for most decorated male Winter Olympian.

THE CANADIAN PRESS

Was Canadian media too patriotic?

MEDIA COVERAGE An email this week to television reporters and personalities with the rights to cover the 2010 Vancouver Games was succinct and sobering: Don't hug Canadian athletes.

Bursting displays of patriotism among journalists over the last two weeks have given the country some cringe-worthy Olympic moments, especially for those who cling to the notion of journalistic independence and objectivity. However, some Chinese journalists have been seen openly cheering for their athletes.

That such hands-off policy had to be written down may be alarming, but it may not be entirely surprising, given the fever that has gripped the entire nation.

Sometimes the offence has been fleeting — a simple reassuring pat on the elbow for a skier who flamed out on the slopes.

Other times it's been in-your-face, such as the sustained round of applause Mellisa Hollingsworth received from journalists following a teary-eyed news conference on her disappointing fifth-place skeleton finish last week.

"Wow," a surprised Hollingsworth said. "I know journalists are supposed to be independent." The winners — Amy Williams of Britain, and German racers Szymkowiak Kerstin and Anja Huber — were allowed to pass without mention or comment from the Canadian media.

But it was different when Canadian gold medallist Jon Montgomery came off the stage after singing O Canada during the flag raising.

Michael Landsberg asked him to sing a couple of bars of the anthem.

But Canadians must be getting the boost of patriotic fervor they want from the CTV-Rogers consortium, because ratings have consistently been through the ceiling

THE CANADIAN PRESS

Amateur sports TV network in the cards?

Canada's record-breaking gold-medal performance at the Vancouver Games might make it easier to create a specialty sports TV network dedicated to amateur athletics, said chief executive Chris Rudge of the Canadian Olympic Committee. THE CANADIAN PRESS

Vancouver Games

Games over

Clockwise from right: Apolo Anton Ohno of the U.S. picks up his record seventh Olympic medal on Feb. 20. The Canadian Women's Hockey team basks in their gold medal victory at Canada Hockey Place, a celebration criticized by the IOC. Joji Kato of Japan races at the Richmond Oval. West Vancouver's Maëlle Ricker competes during qualifying for Women's Snowboard Cross — the event she won gold in. JENNIFER GAUTHIER/ FOR METRO VANCOUVER

Alberta rejects NAIT's tuition hike proposal
The Edmonton Journal reports that Alberta's advanced education ministry has turned down the Northern Alberta Institute of Technology's proposal to increase tuition by 40 per cent over the next three years. METRO NEWS SERVICES

Workology

McMaster faces major cuts

In a financial update to the campus community, McMaster University's president and vice-president (academic) report that the demands on the school's finances for 2010-11 are "staggering." Over the last four years, McMaster's expenses could exceed revenues by more than $100 million. McMaster anticipates these budget pressures will require a minimum of 50 and up to 100 positions to be cut across the university. METRO NEWS SERVICES

EDITOR: DOUGLAS.DUNLOP@METRONEWS.CA

Are you going to vote for Avatar, or The Hurt Locker for best picture in your Oscar pool?

It's time for the office pool season

Hollywood Votes
Academy Awards

JON TATTRIE
for Metro Canada

With the Olympics just finished, the Oscars dawning and March Madness drawing near, offices across Canada are abuzz with pools, but are they a team-building force for good or a distraction that risks turning the office into The Office?

Dr. Ian Bradley, a workplace psychologist in Montreal, says there are risks and rewards to office pools. "Some people get really into it and one wonders how much work time is devoted to the pool," he says. "The benefits are in terms of camaraderie and excitement."

He considers pools an organic form of official team-building exercises, but without the price tag of a seminar or a weekend bonding in the woods. Pools can connect staff at different levels and in different departments, opening new lines of communication.

"We need as much fun in the workplace as possible, within bounds. The more things that are humorous and bring people together and allow them to forget about the drudgery and stresses of the work, I think all the better," Bradley says.

Because of those advantages, he urges bosses to accept pools even if staff go overboard for the Oscars, so long as they don't go all Michael Scott, from The Office, on their colleagues.

Maricel Dicion organizes the Oscar office pool at the Toronto branch of the global communications firm Cohn & Wolfe. "Everyone participates. We're a full-service PR agency and we all have lots of things to do, but things like this really help build team moral," she says. "It's just something fun to think about and something fun to do."

The email-organized pool doesn't involve money and doesn't distract people from their work, she says, but in fact gives them a useful break in the day. "Plus, if you win you get bragging rights until the next Oscar pool," she notes.

As Bradley predicted, the pools cut across the normal office barriers of rank and department, encouraging staff to get to know their coworkers.

"It gives you an excuse to congratulate the person who won," Dicion said.

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uCalgary considers raising mandatory student fees
Like uAlberta, the University of Calgary is considering increasing compulsory, non-academic fees as part of the institution's effort to balance its budget. While no set amount has been decided upon, students say the proposal would see fees climb by $500. METRO NEWS SERVICES

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The 'most exciting' accountant

OddJobs
Diane Peters
Metronews.ca/oddjobs

If you're looking for excitement, become an accountant like David Malamed. The 37-year-old Torontonian is a forensic accountant: He follows the money to investigate financial crimes.

Malamed began his career with a business degree at York University and a stint as business owner. Then he and his wife both went back to school to study accounting at Ryerson.

While there, he took a course in forensic accounting and loved it. "In terms of accounting, this is the most exciting thing I could do."

The couple got jobs at the same large accounting firm and Malamed soon got transferred to the forensic unit. His boss spent a lot of time teaching him the unique craft. "Are you comfortable working outside the box?" he'd ask.

Malamed was, and kept upgrading his education so today he now has an investigative forensic accounting diploma, a certified fraud examiner's course and certified fraud investigator's course.

New investigations start with a call from a client — usually someone new, Malamed doesn't get a lot of repeat customers — who's just discovered something bad has happened. Usually they've been scammed or an employee has stolen money.

The person or representative from a business is often pretty upset and wants to know what happened, how it can be prevented again and, ideally, get the money back.

Malamed immediately starts asking questions. "We've got to work pretty fast. We've got to find out if it's something live or old. And if it's live, do we need to control it, shut things down?"

After shutting down bank accounts or the like to stop any more losses, Malamed comes up with a work plan on how to track down the missing money. He looks through documents, financial statements, bank accounts, emails, computers and cancelled cheques. He interviews the people involved — some of these people may eventually be charged with a crime — to find out if their stories match up with how funds moved around.

Forensic accountant, David Malamed.

Often the police are involved. Malamed has even joined them in visiting a crime scene. They bang on the door, walk in with their guns. When it's all clear, Malamed starts collecting files and computers.

And while he's working for a client, his goal is to chase down the facts, not just take the client's word for what happened. That's because his investigations can end up as evidence at a trial or for an insurance settlement, so he cannot be biased.

Investigations can take a week, or two years. He sometimes works 40 hours a week, but if he's in the middle of an intense investigation, his phone can ring day or night and he can suddenly be putting in 100 hours to get the job done.

The Lowdown

Job title: Forensic accountant
Salary: $210,000 to $240,000
Education/training: Degree in accounting, additional training in fraud investigation and examination
Best Part of the Job: "Helping people."
Worst Part of the Job: "The long hours."

Diane Peters once hawked magic pens at the Canadian National Exhibition. She's now a writer and part-time journalism instructor.

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ASL and Deaf studies Wednesday, Mar. 3, 6 p.m. – room 2559	Broadway
Counselling Thursday, Mar. 4, 6:30 p.m. – room 420	Downtown
Culinary Arts Friday, Mar. 5, 9:30 a.m. – room 305B	Downtown

Downtown campus is located at 200-block Dunsmuir at Hamilton (two blocks west of Stadium SkyTrain station).
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Proposed Saskatchewan architecture school could be located in downtown Saskatoon
In a talk yesterday on the economic impact a Saskatchewan college of architecture could have, proponents of the school envision the college being built in downtown Saskatoon. METRO NEWS SERVICES

The days of the static website are over: Book

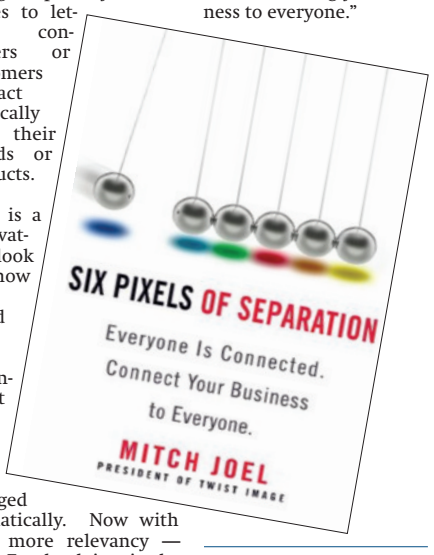
Book Review

Six Pixels of **Separation**
Author: Mitch Joel
Publisher: Business Plus
Price: $32.99

CRAIG LUND
for Metro Canada

BOOK REVIEW Mitch Joel is no new kid on the blog, having trotted the speakers circuit way before publishing Six Pixels of Separation. In fact, Six Pixels was the name of the blog for his Montreal based digital agency Twist Image. "All of this stuff happened because of social media" said Joel. "Websites are dying … and we need to start seeing ourselves as publishers and content producers."

Joel acknowledges that the mindset of larger companies is going to have to change, especially when it comes to letting consumers or customers interact publically with their brands or products. Joel's book is a captivating look at how our world and how we interact has changed dramatically. Now with even more relevancy — given Facebook just in the past week surpassed Yahoo and is now the No. 2 website for online traffic. Six Pixels is Joel's recipe for "connecting your business to everyone."



Craig Lund, a director with the staffing firm Marketers on Demand, can be reached at craig.lund@marketersondemand.com

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Bachelor couple wed

Bachelor couple Jason Mesnick and Molly Malaney officially said "I do" on Saturday. An estimated 300 guests witnessed Mesnick, 33, and Malaney, 25, exchange vows at the breathtaking Terranea Resort on the coast of Rancho Palos Verdes, Calif. PEOPLE.COM

Entertainment

Grandpa Jim

Jim Carrey is a grandpa. His daughter, Jane, 22, welcomed a baby boy in Los Angeles Friday, a rep confirms to usmagazine.com. Jackson Riley Santana was born Friday morning. METRO NEWS SERVICES

EDITOR: DEAN.LISK@METRONEWS.CA

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Changing the status quo

Half the Sky LIVE explores plight of oppressed women

DOROTHY ROBINSON
Metro World News

Last year, New York Times columnist Nicholas Kristof and his wife, Sheryl WuDunn published their book Half the Sky: Turning Oppression into Opportunity for Women Worldwide

The book shows how most societies suppress women through terrible — and culturally accepted — measures, such as stoning, genital mutilation, sex slavery, maternal morbidity, forced marriage, honour killings and other atrocities.

But the book also focuses on the small, empowering steps these oppressed women are doing to change the status quo.

Sarah Ferguson, Sheryl WuDunn, Nicholas Kristof and Marisa Tomei at the Half The Sky LIVE recording.

This Thursday, in celebration of International Women's Day on March 8, movie theaters across North America will broadcast Half the Sky LIVE; a combination of documentary and celebrity discussion panel, based on Kristof and WuDunn's work.

Half the Sky LIVE screens Thursday at Empire Granville 7 Cinemas

Filmed on a snowy February day at New York University and presented by the poverty-fighting organization CARE, Half the Sky LIVE features a celebrity panel discussion about the plight of women, readings by celebrities such as Maria Bello and Marisa Tomei, musical performances by India.Arie and Diane Birch, as well as the world premiere of Woineshet.

It is a short film made by Tomei that is based on a poor Ethiopian woman featured in Half the Sky who triumphs over discrimination, rape, and forced marriage.

"We hoped (the book) would reach a lot of people," said the Pulizer-prize winning Kristoff in an impromptu interview after the filming. "But this has been a very pleasant surprise."

Sarah Ferguson, the Duchess of York, who participated in the panel discussion and read the story of Prudence, a woman in Cameroon who died in childbirth due to lack of proper treatment, said that lending her voice was a no-brainer.

"I was taken with Prudence because my sister had many sad miscarriages and my mother had pre-eclampsia and would have died if she not had medical care," she said, noting that she's happy to give back.

"I just believe the true celebrities are the women who have been through so much. My job is an easy one. I simply tell their stories."

• For more information, or to buy tickets, visit care.ca.

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The chin comeback

Will Leno regain his late-night lead? Media analyst says 'yes'

The chin is coming back to late-night on NBC. So is the desk, the couch and, the network fervently hopes, the audience.

When Jay Leno reclaims The Tonight Show tonight, NBC is banking that the ratings spiral that marked Conan O'Brien's brief tenure as host will quickly fade to a dim memory.

If viewers want to dwell on the messy dithering that led to this point — Leno moved to prime-time, NBC affiliates rebelling at his low ratings, O'Brien balking at NBC's directive that he and Tonight shift to midnight, O'Brien exiting and leaving a diminished audience behind — the network is focused on the end result.

With the Winter Olympics providing a big platform, NBC aired a promotional spot advising that "the chin" was back. Another spot had Leno breezing down a coastal highway in a snazzy convertible that shed the number "10" for "11:35." It cast him as a happy traveller headed home, back where he belongs, after a misadventure not even worth a postcard.

THE ASSOCIATED PRESS PHOTO

Jay Leno returns to late-night TV on The Tonight Show tonight.

Lisa Howfield, general manager of NBC affiliate KVBC in Las Vegas, thinks Leno's fans will be right behind him.

"I suspect he'll get the same numbers (ratings) he had in prime-time, which are the same numbers he had in late-night. ... I think it's probably going to get right back into normal viewing patterns," Howfield said.

Media analyst Steve Sternberg agrees Leno should regain the late-night lead, which he held for most of his run, despite some observers' assertions that he ended up cast as the villain when O'Brien took a powder.

"I don't think Leno's image took much of a hit with his fans at all," said Sternberg.

"That was more of a press and Conan fan-Twitter creation than anything else. Half of Leno's audience is over 55, a group that tends to be very loyal."

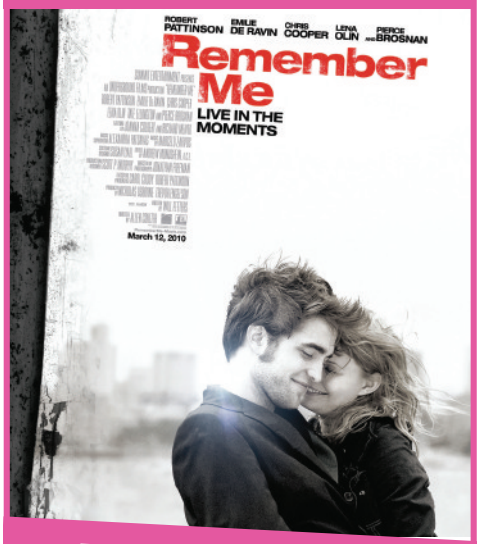
Leno averaged 5.2 million viewers nightly in his final season of Tonight before O'Brien took over last May, and was drawing virtually the same number — 5.3 million — to his prime-time show.

Expectations were higher for the new show, however, because more people watch TV in prime-time, and affiliates complained loudly to NBC because their local newscasts were taking a viewership hit because of the weak lead-in. NBC eventually bowed to the pressure.

THE ASSOCIATED PRESS

VA	Vu	SC	C	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
primetime 3/1/10	251	308	3 CBC	Wheel Fortune	Jeopardy! (N)	18 to Life (N)	Little Mosque	Just for Laughs-Yankees		CBC News: The National (N)		(:05) The Hour
	254	-	8 OMNI	Two/Half Men	Two/Half Men	Omni News: Mandarin Edition		News: Cantonese Edition		Omni News: Punjabi Edition		The Simpsons
	250	321	9 CTV	etalk (CC)	Access H.	Hiccups	Dan for Mayor	Two/Half Men	Big Bang	CSI: Miami "L.A." (N) (CC)		CTV News
	-	-	10 JOY	Frasier (CC)	The Insider	Daily Weekend Edition (CC)		Poltergeist: The Legacy		P3	Diya	New Day
	252	336	11 GTV	Entertainment	ET Canada	House "Wilson" (PA) (CC)		24 "Day 8: 1:00AM - 2:00AM"		Cold Blood "Presumed Dead"		News
	256	389	12 VI	Degrassi	TMZ (N) (CC)	Tough Love (CC)		Law & Order A family is found murdered. (N) (CC)				A News (N)
	253	359	13 CITY	Chuck (N) (CC)		The Bachelor: On the Wings of Love Jake makes his decision.				Bachelor-Wings of Love		EP Daily
	-	-	14 CW	The Office	The Office	Life Unexpected (CC)		Life Unexpected (N) (CC)		Seinfeld	Seinfeld	Frasier (CC)
	289	381	15 CBS	Entertainment	The Insider	How I Met	Engagement	Two/Half Men	Big Bang	CSI: Miami "L.A." (N) (CC)		KIRO 7 News
	287	379	16 NBC	Evening Mag.	Inside Edition	Chuck (N) (CC)		Law & Order A family is found murdered. (N) (CC)				KING 5 News
	602	568	19 W	Supernanny "An-Duan Family"		How Clean	How Clean	Love It or List It		Love It or List It		Confidential
	288	380	21 ABC	Wheel Fortune	Jeopardy! (N)	The Bachelor: On the Wings of Love Jake makes his decision.				Bachelor-Wings of Love		KOMO 4 News
	-	-	23 KVOS	M*A*S*H	M*A*S*H	Goal! The Dream Begins ★★ (2005, Drama) Kuno Becker.				Seinfeld	King	Cheers (CC)
	291	383	27 PBS	Conver-KCTS	Antique Show	Antiques Roadshow (N) (CC)		American Experience "Dolley Madison" (N)			Morristown	Betty Ford
	290	382	28 FOX	Two/Half Men	Two/Half Men	House "Wilson" (PA) (CC)		24 "Day 8: 1:00AM - 2:00AM"		Q13 FOX News at Ten (N)		Family Guy
	-	364	33 PBS	Experience	Annual Sphinx Competition		Keeping Up	Tavis Smiley	Charlie Rose (N) (CC)		Antiques Roadshow (CC)	
	296	654	34 SBK	Frasier (CC)	Frasier (CC)	The Office	Name Is Earl	South Park	Half & Half	Paid Program	Street Court	Cold Files
	298	653	35 TLA	Two/Half Men	Two/Half Men	Life Unexpected (CC)		Life Unexpected (N) (CC)		KTLA 5 News at 10 (N) (CC)		Friends (CC)
	295	651	36 WGN	Basketball	WGN News	Family Guy	Two/Half Men	According-Jim	Friends (CC)	Friends (CC)	Maury (CC)	
	297	652	37 WPX	PIX News at Ten Tong. (N)		Two/Half Men	Friends (CC)	Friends (CC)	According-Jim	Family Guy	South Park	Scrubs (CC)
	199	311	76 STR	CTV News	NTV Latenight News		Late Show W/Letterman		Late Late Show/Ferguson		Inside Edition	Seinfeld
news	502	390	29 NW	Gambling Boys (N) (CC)		CBC News: The National (N)		CBC News: The National (N)		Gambling Boys (CC)		National
	500	500	33 CNN	Anderson Cooper 360 (CC)				Larry King Live		Anderson Cooper 360 (CC)		Cooper 360
sports	407	419	22 RSP	Saturday Night Poker		UFC: Access	MMA Conn	The Ultimate Fighter		Sportsnet Connected (Live)		Sportsnet
	400	400	30 TSN	NBA Basketball		SportsCentre (Live) (CC)		Boxing Antonio Escalante vs. Miguel Roman. (Taped)				SportsCentre
	411	457	49 OLN	Ghost Hunters International		Destination Truth (CC)		Oper. Repo	Oper. Repo	Ghost Hunters "All Access"		Ghost Hunters
	410	403	54 SCR	(6:15) WWE Monday Night RAW (CC)			Score Now	WWE Monday Night RAW With Michael Cole and Jerry Lawler.				Cabby Unlimit
	417	406	55 SC	Racing Chef	NASCAR	Car Crazy	NASCAR Hub	NASCAR	What's Deal?	Fast Track to Fame		Racing Chef
	416	409	144 GLF	Fútbol Alemán		La Liga 360		Gol TV News	Hallo	Paid Program	Gol TV News	Gol TV News
family	552	543	25 YTV	iCarly (CC)	Scorpion	Malcolm-Mid.	Hates Chris	8 Rules	What I Like	Family Biz (N)	To Be Indie	Prank Patrol
	555	545	50 TEL	Johnny Test	Total Drama	Total Drama	6TEEN	Futurama	King of Hill	American Dad	Futurama	Chicken
	557	541	51 FAM	Sonny Chance	Suite Life	Overruled!	Han. Montana	Wizards-Place	Latest Buzz	Ned's School	Cory in House	That's-Raven
	553	546	53 TRE	Little Bear	Toopy	Max & Ruby	Dragon	Backyard	Ni Hao	Go, Diego, Go!	Franklin	Comfy Couch
cable variety	268	354	5 KNO	Recreat. Eden	Landscape	Art of the Heist (CC)		Simon Schama's Power of Art		Radical Dreamer		Landscape
	575	583	20 CMT	Pay It Forward ★★ (2000, Drama) Kevin Spacey, Helen Hunt, Haley Joel Osment.						Pay It Forward ★★ (2000) Kevin Spacey.		
	570	580	24 MM	Love Court	Love Court	MuchOnDemand Jay-Z. (CC)		So You Think You Can Dance The remaining 12 dancers.				So You Think
	600	564	25 H&G	House	House	Holmes on Homes (CC)		Marriage	Income Prop.	For Rent	My First Place	House
	615	520	31 A&E	Hoarders "Claudie" (N) (CC)		Paranormal State (CC)		(:01) Intervention "Anthony"		(:01) Intervention "Shane"		(:01) Hoarders
	628	584	32 SPKE	Wild World	Blue Mountain	Blue Mountain	Blue Mountain	DEA		CSI: Crime Scene Invstgtn.		Mysteries
	521	560	34 TLC	Cake Boss	Cake Boss	Little Parents	Little Parents	Ultimate Cake Off (CC)		Cake Boss	Cake Boss	Little Parents
	616	522	39 SHO	Relic Hunter (CC)		Secret Lives (2005) Daphne Zuniga, Duncan Regehr. (CC)				Bones "The Pain in the Heart"		NCIS (CC)
	620	523	40 BVO	Hamlet Development. (CC)		Law & Order "Slave" (CC)		Without a Trace (CC)		The Music of Chance ★★ (1993) (CC)		
	601	562	41 SLC	Love Inc.	Love Inc.	ET Canada	What	Real Housewives NYC		Real Housewives, Orange		Runway
	520	505	42 DIS	Motor City Motors		Daily Planet (CC)		MythBusters (CC)		Motor City Motors		Dirty Jobs
	522	506	44 HIS	Battle-Somme	Last Soldier	Greatest Tank Battles (CC)		Lost Worlds (CC)		Shockwave (CC)		Tank Battles
	627	528	45 SPC	(6:00) SS Doomtrooper (2006)		Stormworld	Stargate SG-1 "Last Stand"		Star Trek: Next Gener.		Star Trek: Voyager (CC)	
	294	650	47 TBS	Family Guy	Family Guy	Lopez Tonight (N)		Name Is Earl	Name Is Earl	Sex and-City	Sex and-City	Lopez Tonight
	619	525	48 TROP	Re-Vamped (CC)		Parking Wars	Parking Wars	Flipping Out (CC)		Launch My Line "Finale"		Prod. Parker
	603	561	52 FN	Pitchin' In	Glutton	Restaurant Makeover (CC)		Diner, Drive-In	Unwrapped	Top Chef Masters (CC)		Pitchin' In
	-	-	53 AMC	(5:00) The Verdict ★★★ (CC)		Antwone Fisher ★★★ (2002, Drama) Derek Luke, Joy Bryant.					An Affair to Remember (1957)	
	626	547	57 COM	Air Farce	22 Minutes	Corner Gas	Name Is Earl	The Simpsons	South Park	Jo Koy: Don't Make Angry		Daily Show
	320	621	60 CEN	(6:30) Chapter 27 ★★ (2007)		Spartacus: Blood and Sand		Diary-Call Girl	Tracey Ullman	La La Land	Ghost Town ★★★ (2008)	
	581	566	101 MTV	Buried	MTV Cribs	MTV Live (N)	Sex News	The Real World (CC)		Buried	MTV Cribs	MTV Live
	261	394	102 V	Unscripted (N)	Archaeologist	Poltergeist: The Legacy		The Affair of the Necklace ★★ (2001) Hilary Swank, Jonathan Pryce. (CC)				
	-	-	106 MUL	My Queen	Immortal	Lying Low		Simply the	Pinoy Buzz	Orient	News	Patrol World

CLUB METRO WEEKLY OFFERS



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The ins and outs

Chynna Phillips, of the pop group Wilson Phillips, has checked out of the facility where she was being treated for anxiety, her manager, Lizzie Grubman, tells people.com. METRO NEWS SERVICES

Celebrity Buzz

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metro

Freeing (fierce) Willy

YEAH, STRANGE THAT PEOPLE THINK A WILD ANIMAL SHOULD BE, YOU KNOW, IN THE WILD. Hollywood star Matt Damon has thrown his support behind a campaign to close down SeaWorld in Orlando, Fla., after the tragic death of a killer whale trainer at the theme park on Wednesday, femalefirst.co.uk reports.

Dawn Brancheau, 40, was killed by orca Tilikum during a show with the mammal at the city's SeaWorld aquarium.

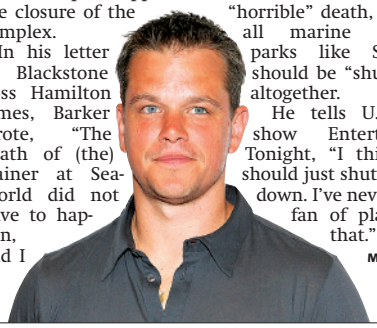
Animal rights campaigners at the People for the Ethical Treatment of Animals (Peta) have teamed up with U.S. showbiz veteran Bob Barker to write to SeaWorld owners The Blackstone Group and appeal for the closure of the complex.

In his letter to Blackstone boss Hamilton James, Barker wrote, "The death of (the) trainer at SeaWorld did not have to happen, and I must appeal to you to take strong action now so that it never happens again."

Damon has now voiced his shock at the trainer's "horrible" death, insisting all marine mammal parks like SeaWorld should be "shut down" altogether.

He tells U.S. news show Entertainment Tonight, "I think they should just shut them all down. I've never been a fan of places like that."

METRO NEWS SERVICES



Munching on humble pie

WONDER IF HIS MOUTH ONLY LIKES BANANA CREAM? John Mayer is continuing his apology tour after his Playboy magazine interview caused such an uproar.

"I hate to come off like an a—hole ever, and thank you guys for believing that I am not an a—hole," he told the crowd at a recent New York concert, according to MTV.com.

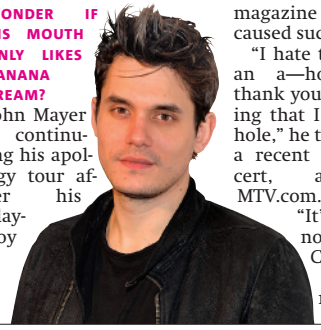
"It's a clean me now, people. Clean me."

In the infamous interview, Mayer repeatedly used racial slurs and compared ex-girlfriend Jessica Simpson to sexual "crack cocaine."

"Never, ever, in my entire life did I ever think that it would be a good idea to be an a—hole," he added.

"But you know what? There's plenty of a—holes who think the same thing, so I have to thank you."

METRO WORLD NEWS



Just a little to the left ...

MIRACLES CAN HAPPEN, RIGHT? We've heard of "bringing the roof down" at parties, but we're pretty sure it's not a good sign when the roof actually collapses, popeater.ca reports.

A party celebrating the Jewish festival of Purim was interrupted Saturday night when ice shattered a glass atrium of Sony Plaza in Manhattan.

TMZ reports that celeb guests Chris Noth, Nicole "Snooki" Polizzi and Vinny Guadagnino were not injured.

Just after the alarming accident, Snooki tweeted, "It's okay Vin and I are still alive ... Omg roof just collapsed at the purim event! We thought the dj was beatin the beat hardcore but nope, the roof couldn't handle snooki and vin ..."

METRO NEWS SERVICES

Follow these celebrities on Twitter...

CelebTweets

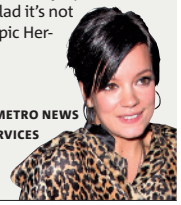
LILY ALLEN goes about ending a feud with Courtney Love the wrong way, **ELLIOTT YAMIN** reports live from the Chile earthquake, and **NATHAN FILLION** is concerned about your health.

@lilyroseallen i would never fight with her, as a rule i don't pick on crazy old ladies.

@elliottyamin Huge earthquake just now in Chile!!....I swear I thought this was the end of my life!!!!!

@NathanFillion So many folks have Olympic Fever. I'm just glad it's not Olympic Herpes.

METRO NEWS SERVICES



Gatorade: Is it in you?

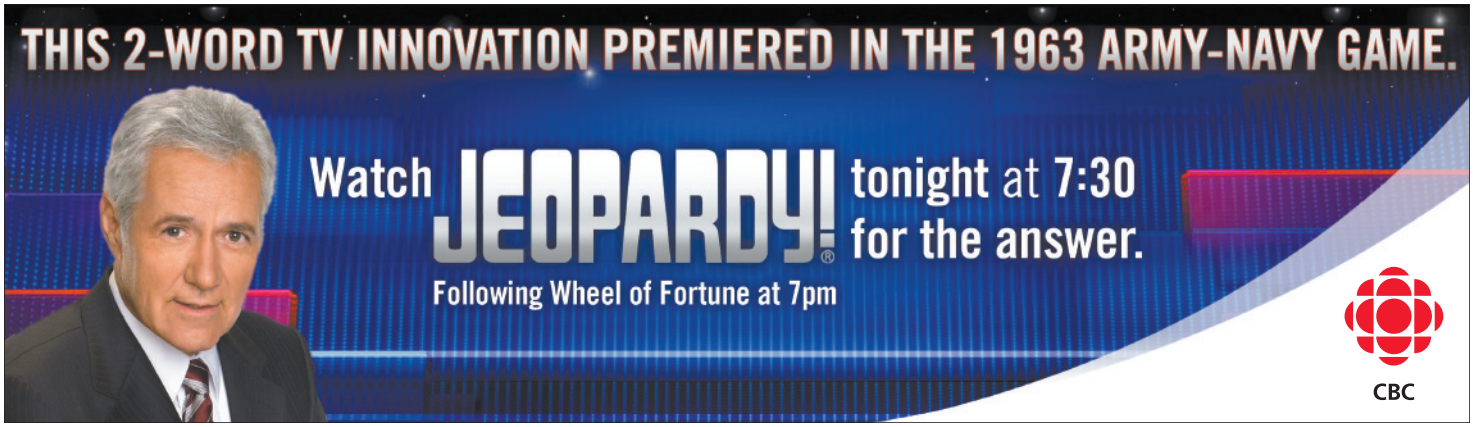
NOT ANY MORE, IT AIN'T A week after his public apology for cheating on his wife, Tiger Woods was dropped by big-time sponsor Gatorade, according to Golf Digest.

The sports drink company reportedly canceled a five-year, $100 million contract it had entered into with Woods in 2007.

"We no longer see a role for Tiger in our marketing efforts and have ended our relationship," said a Gatorade statement.

"We wish him all the best."

METRO WORLD NEWS



The Weather Network
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Today Cloudy 13° / 6°
Tuesday Rain 80% 10° / 4°
Wednesday Partly cloudy 10° / 3°
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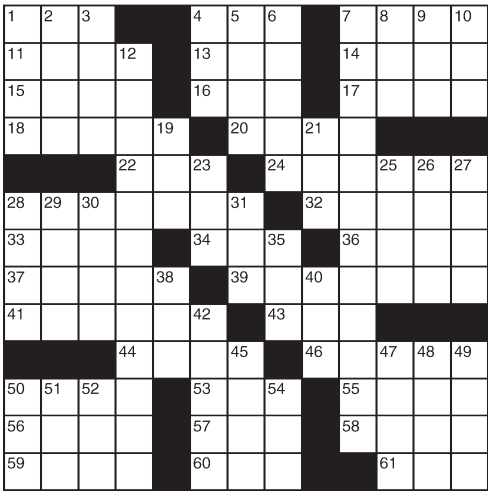
Take Five



ACROSS

1 Attorneys' org.
4 Faux —
7 Frizzy hairdo
11 Old Italian money
13 Illustrations
14 Cattle rancher's device
15 Suitcase
16 Kids' card game
17 Frogs' hangout
18 Rework
20 Loutish one
22 Fish eggs
24 Not tardy
28 Rocket launcher
32 Banish
33 Vicinity
34 Recede
36 Persia, now
37 Alder or hazel
39 Remark
41 Island greetings
43 Bikini half
44 MasterCard alternative
46 Wields a teaspoon
50 Mary's follower
53 Paid player
55 Fix a manuscript
56 "American —"
57 Author Fleming
58 Say it isn't so
59 Nitwit
60 Nay undoer
61 Get older

DOWN

1 Seaweed, e.g.
2 Shuttlecock
3 Met melody
4 Dog's foot
5 Speedy steed
6 Razor sharpener
7 Came close to
8 To and —
9 Texas politico Paul
10 Peculiar
12 Easy to meet or deal with
19 As well
21 Raw rock
23 — out a living
25 Swampy terrain
26 Blueprint
27 Bivouac shelter
28 Rum cake
29 Seed coat
30 Nil
31 1970 Jackson 5 hit
35 Go up and down
38 Scenery chewer
40 "— Miniver"
42 Old photograph color
45 Picture of health?
47 Concept
48 Boxing venue
49 Eyelid woe
50 Cover
51 Commotion
52 Swabbie's prop
54 Washington's bill

Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

5		4		9	8			3
	9		3					4
	6		7				1	
1							2	
		3	5		2	8		
	2							7
	3				4		8	
2					9		6	
8			2	5		7		

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

L	A	P	S	E	■	D	O	H	■	W	A	N		
A	T	O	L	L	■	U	B	I	■	O	D	E		
D	E	M	O	B	■	P	O	M	P	O	M	S		
■	■	P	E	O	P	L	E	■	H	E	A	T		
G	O	O	■	W	E	E	■	C	O	R	N	S		
O	N	U	S	■	E	X	P	A	T	■	■	■		
P	O	S	T	E	R	■	A	D	O	P	T	S		
■	■	■	O	N	S	E	T	■	S	O	A	K		
N	E	A	P	S	■	R	E	C	■	M	R	I		
E	C	R	U	■	N	O	S	O	A	P	■	■		
P	O	M	P	E	I	I	■	O	S	A	G	E		
A	L	E	■	A	B	C	■	P	A	N	E	L		
L	I	D	■	U	S	A	■	S	P	O	T	S		

5	1	7	4	6	9	2	8	3
9	4	6	8	2	3	5	1	7
2	3	8	5	7	1	9	4	6
7	8	9	1	3	2	6	5	4
1	6	2	7	5	4	8	3	9
4	5	3	9	8	6	7	2	1
6	2	1	3	9	5	4	7	8
3	7	5	6	4	8	1	9	2
8	9	4	2	1	7	3	6	5

On the web

For more games and 60 additional daily cartoon strips, visit metronews.ca

Metro Recipe of the Day

Ham 'n' Pea Soup

INGREDIENTS:

2 tbsp (25 mL) olive oil
1 large onion, chopped
2 3/4 cups (675 mL) frozen peas
3 cups (750 mL) chicken stock
7 oz (200 g) cooked ham, diced
3 1/2 oz (100 g) reduced-fat soft cheese
1/2 tsp (2 mL) freshly grated nutmeg

METHOD:

1. Heat oil in large pot and fry onion gently 5-6 minutes to soften.
2. Stir in peas and stock, and bring to boil. Reduce heat, cover and simmer 5 minutes. Season lightly.
3. Put soup in food processor and whiz to fairly rough purée. Add ham and return to pot. Heat until boiling.
4. Add soft cheese and stir gently until just melted. Ladle soup into bowls and sprinkle with nutmeg. Serve with soda bread or crusty bread.

SERVES 4

rd.ca
For nutritional information on this and other great recipes, go to **rd.ca** or check out **Key Ingredients in this month's Reader's Digest, on newsstands now!**

Horoscopes by Sally Brompton sallybrompton.com

For Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES ♈
MARCH 21-APRIL 20
Dramatic developments will take place in your neck of the woods, but they will leave you untouched. Don't question your good fortune, just enjoy it.

TAURUS ♉
APRIL 21-MAY 21
The pen is mightier than the sword. It will more likely be true if you refuse to get angry when confronted by other people's stupidity and selfishness.

GEMINI ♊
MAY 22-JUNE 21
Something you overhear in casual conversation could lead to a wonderful opportunity today, so keep your ears open.

CANCER ♋
JUNE 22-JULY 22
You don't have to reveal your deepest feelings to other people but it will certainly pay you to open up a little more than usual.

LEO ♌
JULY 23-AUG 23
We all make mistakes and today's cosmic picture means you must be ruthless with yourself — but in a positive way. Forget about the past.

VIRGO ♍
AUG 24-SEPT 22
Take control of your life. Refuse to let anyone make decisions for you. You know what you want and you know how to get it.

LIBRA ♎
SEPT 23-OCT 23
You will have to make some difficult decisions over the next few days. Do what has to be done, then put it out of your mind and get on with your life.

SCORPIO ♏
OCT 24-NOV 22
There are certain issues that get your pulse racing and your blood boiling and one such issue will set you off today. Be passionate but make allowances too.

SAGITTARIUS ♐
NOV 23-DEC 21
You will create something wonderful over the next seven days. The current cosmic climate is especially good for writing and speaking, so don't be shy.

CAPRICORN ♑
DEC 22-JAN 20
Focus your energy in one particular direction today. If you try to do more than one thing at a time you will find that you don't actually accomplish very much.

AQUARIUS ♒
JAN 21-FEB 18
If you say too much today it could cost you. Certain information must be kept to yourself, at least until you have had a chance to evaluate it.

PISCES ♓
FEB 19-MARCH 20
Do you approach tasks in a traditional way? The planets suggest that if you try something new you will discover you enjoy upsetting the status quo.

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papernycasting@gmail.com
Submission deadline: March 2, 2010

Introducing 16 apps that need no introduction.

Nike Master Control
Free • Looking to improve your soccer skills this year? This elite Nike training app features instructional videos from FC Barcelona coaches. Get tips on ball control, see drills the pros use and even learn some of their signature moves.

Maclean's
Free • The only national news magazine now fits in your pocket. Read selected articles, opinions and blogs, and get the Maclean's perspective on all the issues facing the country.

CBC Hockey
Free • The home of hockey brings you live box scores for the whole NHL schedule, as well as standings and stats for every team and player. Now you can always be on top of your game.

Avis
Free • Get the car you want, when you want it from the car rental service that "tries harder." Easily check real-time availability, make on-the-fly reservations and enjoy access to special rates.

Disney
Free • The largest and most loved entertainment company in the world brings you games, videos, a radio station and more. You can even create a photo of yourself with favourite characters from the Disney movies.

Air Canada
Free • The country's largest airline, at your fingertips. Receive notifications about any changes to your flight, check in and choose your seats – all before you get to the airport.

NFB Films
Free • The National Film Board brings you hundreds of movies – for free. Watch award-winning animations and documentaries right now, or store on your iPhone and view off-line.

LEGO
Free • Enjoy the iconic building toy right on your iPhone. Take a picture, tap the screen and see the image transform itself into Lego bricks before your eyes. Save to your photo library or send to friends and relatives.

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Bell | iPhone 3G S

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